

# Waffle Cups

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



74 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.7 cup confectioners sugar
- ☐ 1 tablespoon egg white lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons ground blanched almonds finely
- ☐ 6 tablespoons powdered milk
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup water

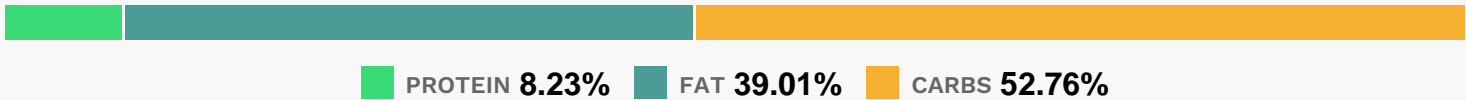
# Equipment

- ☐ blender
- ☐ ramekin

# Directions

- ☐ Blend all ingredients in a blender at low speed until totally smooth, about 1 minute. Chill batter, covered, 1 hour.
- ☐ Heat pizzella maker and lightly brush top and bottom with oil.
- ☐ Pour a generous tablespoon batter on each side (left and right) of pizzella maker and spread quickly with back of a spoon to cover molds. Close cover and cook until golden, about 1 1/2 minutes.
- ☐ Working quickly (pizzella is pliable only while still hot), peel off 1 pizzella and fit into 1 large ramekin, then press a small ramekin inside to shape pizzella. Shape second pizzella using second pair of ramekins.
- ☐ Remove ramekins when waffle cups are hardened, about 2 minutes. Make more waffle cups with remaining batter.
- ☐ • Waffle cups keep in an airtight container at room temperature 3 days.

# Nutrition Facts



# Properties

Glycemic Index:6, Glycemic Load:3.84, Inflammation Score:-1, Nutrition Score:1.9426086888365%

# Nutrients (% of daily need)

Calories: 73.93kcal (3.7%), Fat: 3.23g (4.97%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 9.56g (3.47%), Sugar: 4.85g (5.39%), Cholesterol: 2.18mg (0.73%), Sodium: 10.57mg (0.46%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 1.53g (3.06%), Vitamin B2: 0.07mg (4.06%), Selenium: 2.69µg (3.84%), Vitamin B1: 0.06mg (3.83%), Vitamin K: 3.82µg (3.64%), Folate: 12.79µg (3.2%), Manganese: 0.06mg (3.11%), Phosphorus: 29.13mg (2.91%), Vitamin E: 0.42mg (2.81%), Calcium: 24.27mg (2.43%), Vitamin B3: 0.42mg (2.1%), Iron: 0.34mg (1.87%), Vitamin D: 0.24µg (1.58%), Magnesium: 6.17mg (1.54%), Potassium: 44.56mg (1.27%), Vitamin B12: 0.07µg (1.23%), Copper: 0.02mg (1.17%), Fiber: 0.27g (1.07%)